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Students get creative with fruits and vegetables for recipe contest

By **Valerie Phillips**

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Sharks, sunrises and blasts of blue — the winning recipes for this year's "5 A Day" contest for kids — aren't the usual carrots and celery sticks. Sponsored by the Utah Department of Health's heart disease and stroke-prevention program, the contest attracted 121 grade-school students throughout the state.

"It encourages them to get extra creative and maybe investigate a new fruit or veggie that they haven't played with before," said Jessie Shupe, media coordinator for the program. "It makes cooking with fruits and veggies fun."

The contest asks for original, easy-to-prepare recipes, with fruits and vegetables as main ingredients, that are generally healthy and low in fat and sugar. The kids are required to include a drawing or photo of the recipe. Recipes are judged on creativity, taste, appeal, health benefit and ease of preparation.



Tuna Olive Florentine

"I got the idea from riding our water Winnie (sic) that looks like a big banana at Lake Powell," writes Cassidy Johnson of her Stuffed Strawberry Blue Blast Banana recipe. "This is super easy and super fun to make. I can make this recipe and feed lots of my friends."

The winners received a prize bag filled with T-shirts and nutrition-related gifts. The recipes are posted on the health departments's Web site, www.hearthighway.org.

The contest is open to any Utah elementary school student and advertised in a newsletter sent to grade school teachers every fall. "A few teachers get their students to enter every year," said Shupe.

5 A Day is a national nutrition message that encourages people to eat at least five to nine servings a day of colorful fruits and vegetables. According to Utah Health Department statistics, only one in four Utah adults currently eats his "5 A Day."

TUNA OLIVE FLORENTINE

1 handful fresh spinach

Sliced green olives

Flaked canned tuna

Bacon bits

1 whole green olive

Place a handful of fresh spinach in the bottom of a bowl. Sprinkle sliced green olives over spinach. Sprinkle with flaked canned tuna. Sprinkle with bacon bits. Garnish with a whole green olive in the center. You can put as much of each ingredient as you like. — Katrina Ware, Rolling Meadows Elementary

SHARK ISLAND

1 head of romaine lettuce

1 broccoli stalk

1 cucumber

1/2 cup brown sugar

1 cup ranch dressing

20 olives

Celery

1. Lay out romaine lettuce on half of a platter



Mandarin-Raspberry Dessert

Kids 5 A Day

2. Place broccoli on toothpicks

3. Break toothpicks 1/2-inch long and add an olive on the top. Then stick it in the side of the broccoli stem.

4. Place romaine lettuce on the bottom of the pan

5. Mix blue food coloring with the ranch dressing and spread it on the remaining half platter

6. Line edge of lettuce with brown sugar for sand

7. Make a shark out of a cucumber and place on the ranch

8. Place three 2-inch celery boats in the ranch dressing

9. Eat and enjoy! — Stryder Abel, Spanish Oaks Elementary

SONIC SUNRISE SENSATION

1 orange

4-5 strawberries

1 banana

Vanilla yogurt

Whipped topping (such as Cool Whip)

Peel and divide oranges into sections. Arrange oranges around the outside edge of plate or bowl. Slice strawberries and banana. Place in center of oranges. Top with vanilla yogurt or with vanilla yogurt mixed with whipped topping. You can substitute any fruit for the strawberries and bananas. — Jade Thomas, Spanish Oaks Elementary

KATIE'S MINESTRONE SOUP

2 stalks celery, chopped

3 medium potatoes, peeled and diced

2 carrots, peeled and diced

1 bay leaf

1 clove garlic, minced

1 tablespoon Worcestershire sauce

Salt and pepper to taste

1/2 teaspoon oregano

1 large can kidney beans

1 can green beans, drained

1 large can tomato juice

3 cups water

Place all ingredients in a large saucepan and bring to a boil. Let boil for 5 minutes. Reduce heat to low and simmer for 20 minutes until vegetables are tender. This is good served with homemade bread. — Katie Robinson, Harris Elementary

MANDARIN-RASPBERRY DESSERT

1 large box orange gelatin

2 29-ounce cans mandarin oranges

1/2 of a 12-ounce bag frozen red raspberries

1 tub non-dairy whipped topping

Make gelatin as directed on package. Immediately add raspberries and 1 can of mandarin oranges. Allow to set up. Spread whipped topping on gelatin. Use other can of oranges to decorate the top.

Note: Fresh raspberries may also be used. — Crystal Krall, Clinton Elementary

FRUSIE

2 cups frozen strawberries

1/2 cup chunk pineapple

1/2 cup orange juice

1 whole banana, sliced

1 tablespoon pineapple juice

Blend all ingredients together and pour into glasses. Serve immediately. Makes 2 1/2 cups. ENJOY! — Regan McGreer, Morgan Elementary

STUFFED STRAWBERRY BLUE BLAST BANANA

Banana

Diced peaches and pears (4 oz. snack cup)

1 4-ounce snack cup strawberry-banana flavored applesauce

1 crunchy granola bar, crushed

1 4-ounce snack cup mandarin oranges

Gogurt Berry Blue Blast Yogurt

Slice banana hotdog-style and scoop out deep hole long enough to stuff with fruits and applesauce. Save the scooped out banana for the top. Place the following items in order:

- 1. Diced peaches and pears (about four chunks)**
- 2. Mandarin Oranges (about four chunks)**
- 3. Chunks of banana**
- 4. Drizzle strawberry-banana flavored applesauce in between fruits**
- 5. Smother with as much yogurt (low fat) as you wish**

6. Top with crushed crunchy granola bar

What I don't use, I place back into the refrigerator for the next day. — Cassidy Johnson,
Spanish Oaks Elementary

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